



Lectio Divina Guide

- A WAY TO REFLECT ON GOD'S WORD

November Reflection
Scripture Verse: John 6:35
Due by: END OF NOVEMBER

Prepare - Silencio

Take a minute to become aware of God's presence. Quiet your mind & body, and offer yourself to God. (Try a few deep breaths and a simple prayer such as "Come, Holy Spirit, Come.")

Read - Lectio

Read the passage slowly, out loud. Avoid analyzing; simply try to savor the words, letting them sink in. Listen for a nudge: What words or phrases is the Spirit drawing you toward? Is there a character you identify with? (Use the space below to write down your and your child's responses).

Reflect - Meditatio

Re-read the passage out loud, lingering over the person/word/phrase/ that captured your attention. Imagine yourself in the story: What are the people thinking/feeling? Or consider the word or phrase: What does it bring to your mind? What kind of feelings is this passage evoking in you? (Use the space below to write down responses).

Pray - Oratio

Read the passage again slowly, out loud. Allow the Scripture to lead you into a prayer response. Talk to God about what has come to mind, and how he might be inviting you to respond. (Use the space below if needed).

Contemplate - Contemplatio

Read the passage aloud a final time. Rest in the awareness of God's presence, remaining open to anything else the Spirit might stir. Simply be still and remain quiet for a few moments. Relax in this moment and know you are loved. .

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God Calls Us to Be More Like Him: Reflection Activity for Kids

Child's Name: _____

Directions: When we encounter Christ in Scripture, He always calls us to become more like Him. This requires us to change. After reading and praying with the scripture passage today; What might God be calling you to change to be more like Him? Draw a picture of the way you live your life now and what God might be calling you to do instead?

My Life Today	A New Life

What did you draw and why?:

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